

Mental Health Issues

Presented by,

Amalia Madihie

3 March 2015

OVERVIEW

- ❖ Let's Sing!
- ❖ *The Science of Smiling*
- ❖ Definition
- ❖ *Types of Mental Health*
- ❖ *Issues in Malaysia*
- ❖ Example
- ❖ Conclusion

Healthy Mental,
Healthy ME

Senyumlah Seindah Suria

Senyum seindah suria
Yang membawa cahaya
Senyumlah dari hati
Duniamu berseri

Senyum umpama titian
Dalam kehidupan
Kau tersenyum ku tersenyum
Kemesraan menguntum

Senyum... kepada semua
Senyumanmu amatlah berharga
Senyum... membahagiakan
Dengan senyuman terjalinlah
Ikatan...



The Science of Smiling



Mental Health Definition

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community (WHO, 2004)

“The capacity of the individual, the group and environment to interact with one another to promote subjective well-being and optimal functioning, and the use of cognitive, affective and relational abilities, towards the achievement of individual and collective goals consistent with justice”.

(Kementerian Kesihatan Malaysia, 2007)

Conclusion

- Improving the quality of Mental Health Care
 - respect for the rights of people with mental disorders and the provision of the best care possible, consistent with national circumstances
- Promoting Mental Health
 - Concepts, Emerging Evidence & Practice

Thank you

Question & Answer Session